

PRAYER OF ST. IGNATIUS

Take, Lord, and receive all my liberty,
my memory, my understanding, and all
my will—all I have and possess. You,
Lord, have given all that to me. I now
give it back to you, O Lord. All is
yours. Dispose of it according to your
will. Give me love of yourself along
with your grace, for that is enough for
me. [SE 234]



REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP CODE _____

EMAIL _____

HOME PHONE _____

CELL _____

**RETURN REGISTRATION FORM BY
AUGUST 1, 2021 TO
VILLA PAULINE RETREAT AND
SPIRITUAL CENTER
352 BERNARDSVILLE ROAD
MENDHAM, NJ 07945**

19th Annotation of the Spiritual Exercises



Retreat in Everyday Life

Beginning
September 2021

Villa Pauline Retreat and
Spiritual Center
352 Bernardsville Road
Mendham, NJ 07945

For further information contact:

Sister Carol Makravitz, SCC

570-704-9903

Sister Teresa Skierkowski, SCC

201-602-2235

Sliding fee [\$775-\$1400] to be
determined during initial meeting with
one's director. Can be paid in increments.

What is the 19th Annotation?

The 19th Annotation of the Spiritual Exercises of St. Ignatius of Loyola is a profound and transformative retreat experience that is made over a period of nine months in daily life. The Exercises are organized around four “weeks” as they were originally given during the structure of a 30 day retreat. These include Creation, the unconditional love of God, and the life, death and resurrection of Jesus.



Ignatius himself found that many people could not, because of family or business reasons, take thirty days off, leave home, and go away for a retreat. So he created an adaptation of the Exercises, which would be extended over a period of time. This is what is known as the 19th Annotation. This journey with the Lord helps the retreatant to grow in spiritual freedom and the ability to find intimacy with God in the midst of everyday life.

Participation includes:

- ◆ A desire to deepen one’s prayer life and relationship with God
- ◆ A commitment to one hour of personal daily prayer, with review and journaling
- ◆ Individual weekly meetings with a spiritual guide from early September to early June.

Some Practical Considerations

- ◆ The actual director of the retreat is the Holy Spirit. The retreat director is a guide to help and accompany the retreatant.
- ◆ The relationship of retreatant and director is privileged and confidential.
- ◆ Each retreatant will be expected to obtain and keep a journal.
- ◆ Attendance at an Orientation Meeting with others who will be making the retreat
- ◆ Interested individuals should be in ongoing spiritual direction.
- ◆ Willingness to share one’s prayer
- ◆ Openness and Generosity

You are invited to:

Encounter the living God and God’s presence in creation, your personal life story and current life circumstances.

Better discern your deepest desires to understand God’s call and presence in your life and in the world.

Become *Contemplative in Action*, experiencing more deeply the vision of “finding God in all things.”

